

The Influence of Mind over Muscle.

Professor W. G. Anderson, of Yale University, lately succeeded in practically weighing the result of a thought's action. A student was placed on a "muscle bed," poised on a balance so that the centre of gravity of his body was exactly over its centre. When he was set to solving mathematical problems, the increased weight of blood at his head changed his centre of gravity and caused an immediate dip of the balance to that side. Repeating the multiplication table of nines caused greater displacement than repeating the table of fives, and, in general, that displacement grew greater with greater intensity of thought.

Carrying the experiment farther, the experimenter had the student imagine himself going through leg-gymnastics. As he performed the feats mentally, one by one, the blood flowed to the limbs in sufficient quantities to tip the balance according to the movement thought of. By purely mental action the centre of gravity of the body was shifted four inches, or as much as by raising the doubled arms above the shoulders. These experiments were repeated on a large number of the students with the same results.



George R. Smith College Chapel in which devotional exercises are held thru-out the scholastic year.

To test still further the mastering influence of mind over muscle, the strength of the right and left arms of eleven young men was registered. The average strength of the right arms was one hundred and eleven pounds; of the left arms ninety-seven pounds. The men practiced special exercises with the right hand only for one week. Tests of both arms were again made, and, while the average strength of the right arm had increased six pounds, that of the unexercised left arm had increased seven pounds. This showed clearly that the brain action connected with the gymnastics developed not only the muscles put in action, but also other muscles controlled by the same portion of the brain. This could only be by sending blood and nervous force to the

proper parts by purely mental action. Professor Anderson says of the results: "I can prove by my muscle-bed that the important thing in all exercises is the mental effort put forth. I can lie down on this muscle-bed and think of a jig, and, though apparently my feet do not move, and actually the muscles are not active, the muscle bed sinks toward my feet, showing that there has been a flow of blood toward the muscles, and that, if I did dance a jig, the muscles would be well supplied with blood under this mental stimulus."



The Dining Hall where Students and Faculty take their meals.

June Success
Rev. R. H. Smith of this City preached the funeral of Mrs. River at Ashley St. Wed. Mrs. River is the mother of Prof. River and his friends extend their sympathy in his hour of bereavement.

Dr. J. M. Harris put carpenters and masons to work, last Monday, remodeling his home on West Morgan street. It will be a beautiful edifice, built on the latest Queen Anne style, containing a bath room, pantries and nine other commodious compartments. This will be another addition to our local thrift and enterprise.

PERSONAL MENTION.

BOSTON CAFE.

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J. P. Moffitt took and J. T. Ferrell last Saturday night. Cheer him up, Preston.

The Queen City Cornet Band rendered most excellent music at the O. R. M.'s Carnival this week.

Al Dyer, assisted by Walker Williams captured a fine swarm of honey bees last Monday, on North Ohio street.

Mrs. J. T. Ferrell is visiting Mrs. J. C. Fox of St. Louis, this month. Poor brother J. T. F. looks pretty lonesome.

Where to Worship.

Methodist Episcopal Church

Sunday Morning
9 00, a. m. Sunday-school.
10 45 " " Song service by Choir
11 00 " " Preaching

Afternoon
2 30, p. m. Class-meeting
6 30 " " Epworth League
7 45 " " Song service by Choir
8 00 " " Preaching.

Rev. R. Davis, Pastor.

African Methodist E. Church.

Sunday Morning
Preaching 11 00
Afternoon
Sunday-school 2 00.
Class meeting 3 00.
Endeavor 7 00.
Preaching 8 00.

Rev. Wm. Alexander, Pastor.

Morgan St. Baptist Church.

Preaching 11 00 a. m. and 7 30 p. m.
Sunday school 2 00 p. m.
Prayer meeting every Wednesday.
Rev. F. M. Mack Pastor.

Simpson's Chapel.

Methodist Episcopal Church.
Sunday School 9 00, a. m.
Preaching 11 00 a. m.
Class meeting 3 00 p. m.
Preaching 7 30 p. m.
Prayer meeting every Wed., evening.
G. W. Ball, Pastor.

C. M. E. Church

Preaching at 11 00 a. m. and 7 30 p. m.
Sundayschool 2 00
Class meeting 3 00
Prayer meeting every Fri. evening
T. H. Warfield Pastor

Free-will Baptist Church.

Preaching and Rally every 3rd Sunday at 11 00 a. m. and 7 30 p. m.
Sunday school 2 00 p. m.
Covenant meeting 3 00 p. m.
Prayer meeting every Tues. night
Covenant meeting Fri. nights
Rev. E. D. Burns pastor.

Lodge Directory

Q. C. Commandery K. T.
Meets 1st. & 3rd., Fridays in each month.

T. M. Smith E. C.
C. H. Lewis Recorder

R. A. M. No. 5.

Sedalia Chapter No. 5 Meets in regular session the second and fourth Wednesday evenings in each month.
Visiting brothers always welcome
J. P. Ferrell, H. P. C. H. Lewis, Sec.

A. F. A. M.

Centennial Lodge, No. 59 meets in regular session the second and fourth Mondays in each month. J. W. Wheeler W. M.
E. Poindexter, Sec.

Centennial Court, No. 37.
1st. & 3rd. Thurs., of each month.
Sallie Moffat, Matron,
Julia Hayden, Sec.

Hawkin's Lodge, No. 44.
1st. & 3rd. Mondays in each month.
C. O. Brown, W. M.
C. W. Holliday, Sec.

G. U. O. of O. F.

Meets in regular session the first and third Tuesdays in each month. Hall 120 E. Main St.
L. Cowan, N. G. D. Y. Steele P. S.

Sons & Daughters of Charity
Lodge No. 1.
Meets 1st. and 3rd. Tuesdays each month. D. L. White Pres
W. W. Henderson Sec.

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